

CLAIMS

1. A sports practicing device having  
at least two elastic cords,  
a ball with at least two means for receiving the at least two elastic  
cords,  
the ball being located substantially equal in distance along the  
length of each of the at least two elastic cords,  
wherein each of the at least two elastic cords are brought into  
touching engagement with themselves and secured by securing  
means at the point of touching engagement so as to form a "Y"  
shape; and each end of the at least two elastic cords is adapted to  
be secured to vertically spaced anchoring means secured to two  
vertical supports.
2. The sports practicing device of claim 1, wherein the receiving  
means are located on opposite sides of the ball.
3. The sports practicing device of claim 2, wherein the receiving  
means are located on the periphery of the ball.
4. The sports practicing device of any one of claims 1-3, wherein,  
wherein the elastic cords have anchoring means positioned at  
each end.
5. The sports practicing device of any one of claims 1-4, wherein, the  
securing means is provided by tape wound around the point of  
touching engagement of the elastic cords.
6. The sports practicing device of any one of claims 1-5, wherein  
each point of touching engagement of the elastic cords is  
between 20 centimeters and 120 centimeters from the ball.
7. The sports practicing device of claims 6, wherein the distance of  
the point of touching engagement is between 60 and 80  
centimeters from the ball.
8. The sports practicing device of claims 7, wherein the distance

between the point of touching engagement and the ball is 70 centimeters.

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9. The sports practicing device of anyone of claims 1-8 wherein the vertical supports are positioned between five to six meters apart from each other.
10. The sports practicing device of any one of claims 1-9, wherein the height of the ball is determined by a user
11. The sports device of anyone of claims 1-20, wherein the elastic cords are manufactured from bungee cord material.
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12. The sports practicing device of any one of the preceding claims wherein the anchoring means is provided by a clip positioned on a swivel joint attached to each end of the elastic cords.
13. The sports device as in any one of the preceding claims, wherein the ball is a tennis ball.
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14. The sports device as in any one of the preceding claims, wherein the ball is a soccer ball.
15. The sports device as in anyone of the preceding claims, wherein the "Y" shape is achieved by using a number of separate sections of elastic cord.